□□□□□□□□□□□□□□□□ (Recovery Kernel)

□□□□□□□□□□□□□□□

[illegible] Kernel

1. [illegible]:
- [illegible] Kernel [illegible] [illegible] [illegible] [illegible] [illegible]

2. [illegible]:
- [illegible] [illegible] [illegible] [illegible]
- [illegible] [illegible] [illegible]

3. [illegible]:
- [illegible] Kernel [illegible] [illegible]

[illegible] [illegible] [illegible]

> [illegible] Kernel; [illegible]:
>
> * [illegible]
> * [illegible] Meeting Format
> * [illegible]
>
> Kernel [illegible] [illegible] [illegible] Kernel [illegible] [illegible]
>
> *[illegible] [illegible] [illegible] [illegible] — [illegible] [illegible]*
>
> *(Kun kam kamsung sapha kham wa daan praisabkarn thae kreung tad nai. Nee nee kar tam ngaan kaeb karon fan fu hai phaya in — laem man hae saman aad keu kon thaek chaen dai.)*

[illegible]

- **[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
- **[illegible]:** [illegible] [illegible] [illegible] [illegible]

□□□□□□□□□□□□□□□□□□
- **□□□□□□□□□□□□□□□□□:** □□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□

[illegible]
- **[illegible] [findahelpline.com]:** [illegible]
- **[illegible]:** [illegible]
- **[illegible]

□ [illegible] Recovery Kernel — [illegible]: [illegible]: archive.org/details/the-recovery-kernel (PDF, ePub, Kindle) [illegible] github.com/JRToken-NGI/recovery-kernel

[illegible] "Recovery Kernel" [illegible] YouTube

[illegible]

[illegible]: [illegible]

[illegible] (Recovery Kernel)

[illegible]: [[illegible]]
[illegible]/[illegible]: [[illegible]]
[illegible]: [[illegible]]

[illegible]

1. **[illegible]:**
   - [illegible].
   - [illegible].

2. **[illegible]:**
   - [illegible], [illegible] [[illegible]].
   - [illegible]

[illegible]

[illegible]

1. [illegible] (Main Deck)
- **[illegible]:** [illegible]
- **[illegible]:** [illegible]

2. [illegible] (Step-by-Step Guide)
- **[illegible]:** [illegible]

[illegible] — [illegible] (Session 1)

[illegible]: [illegible]

(Create a Follow-Up Recovery Plan: Assess Needs and Goals)

- [illegible]

- [illegible] [illegible] [illegible]
[illegible]
- [illegible] [illegible]
- [illegible] [illegible]
[illegible]
- [illegible]
[illegible] 1

[illegible] Recovery Kernel! [illegible]
[illegible] [illegible] [illegible]
[illegible]

1. [illegible]:
- [illegible] [illegible]
[illegible]
- [illegible] [illegible]
[illegible]

**2. [illegible]
[illegible] - 50 [illegible]; [illegible] [illegible]

(Note: The list of activities is not provided in the source, so I cannot translate it. However, this section introduces a library of 50 activities to be chosen for each meeting.)
[illegible]

[illegible]:

1. **Recovery Kernel ([illegible]):** [illegible]
[illegible] [illegible] .

2. **Naloxone ([illegible]):** [illegible]
[illegible] ([illegible]) [illegible].

3. **COMT ([illegible]):** [illegible]
[illegible].

4. **DRD2 ([illegible] 2):** [illegible]
[illegible]
[illegible]

[illegible] ([illegible] 1)

****[illegible]:****

1. **[illegible]:**
- [illegible]
[illegible] [illegible]
[illegible]
- [illegible]
[illegible]

2. **[illegible]:**

- [illegible]

[illegible] - [illegible] 3 [illegible] 4; [illegible]
[illegible]
[illegible] — [illegible] 7 [illegible]
[illegible] kreatif
□ **[illegible] (Grounding Techniques) [illegible]** □

[illegible] [illegible]
[illegible] [illegible]:

- **[illegible]:** [illegible]
[illegible] [illegible] [illegible]
[illegible]

- **[illegible]:** [illegible]
[illegible] - [illegible] [illegible]
[illegible]
[illegible] — [illegible] tham [illegible]
[illegible]
[illegible]

[illegible]
[illegible] [illegible]

[illegible]

1. **[illegible]:** [illegible] [illegible] [illegible]
[illegible]
2. **[illegible]:** [illegible]
[illegible]
3. **[illegible]:** [illegible] [illegible]
4. **[illegible]:** [illegible]

[illegible]

1. [illegible]
- **[illegible]**: [illegible]
- **[illegible]**: [illegible]
- **[illegible]**: [illegible], [illegible], [illegible]
[illegible]
- **[illegible]**: [illegible], [illegible]
[illegible]

2. [illegible]
- **[illegible]**: [illegible], [illegible]
[illegible]
- **[illegible]**: [illegible]
[illegible]
- **[illegible]**: [illegible]

[illegible]	[illegible] **(This information is a tool for supporting individuals going through recovery from substance use disorders, facilitating their healing process and creating balance in their lives.)**	**# [illegible]** [illegible] **"Recovery Kernel"** [illegible] **## [illegible]** **1. **[illegible]:**** [illegible] **2. **[illegible]:**** [illegible]
[illegible] ([illegible])	[illegible]	[illegible]. [illegible], [illegible].
# [illegible] ## [illegible] - **[illegible]:** [illegible] - **[illegible]:** [illegible] - **[illegible]:**	[illegible]	[illegible] (screen share) [illegible]

1. □□□□

- □□□□

		[illegible]". - **[illegible]:** [illegible]. [illegible]
[illegible] ([illegible] 1 [illegible]) (Note: Since "baby powder" is a common term with a specific meaning, it's translated directly. However, in Thai culture, there might be more appropriate alternatives for this purpose that could be considered, depending on the context of Psychodrama Module 1.)	# [illegible] (Object Ritual) ## [illegible] Psychodrama Module **[illegible]:** 1. **[illegible]:** [illegible] 2. **[illegible]:** [illegible] 3. **[illegible]:** [illegible] 4.	[illegible] — [illegible]
Emergency numbers visible	988 and 911 posted or stated at opening	[illegible] - [illegible] - [illegible] "Recovery Kernel" [illegible] - [illegible] - [illegible]

		- □□□□□□□ "Naloxone" □□□□□□□□□□□□ □□□□ □□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□ - □□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□

[illegible]

1. [illegible]

[illegible]:
- [illegible]
- [illegible]
- [illegible]

2. [illegible]

[illegible]

[illegible]

[illegible]:

1. **[illegible]**: [illegible].
2. **[illegible]**: [illegible].
3. **[illegible]**: [illegible].
4. **[illegible]**: [illegible] "[illegible]" [illegible] "[illegible]".
5. **[illegible]**: [illegible]

[illegible] "Where" [illegible]

[illegible]

[illegible]:

- "Where should I find a recovery meeting?" ([illegible])
- "Where is the

[illegible] Recovery Kernel [illegible]

1. **[illegible]:** [illegible] Recovery Kernel [illegible]

2. **[illegible]:** [illegible]

3. **[illegible]:** [illegible]

[illegible]

- **[illegible]:** [illegible]
- **[illegible]:** [illegible]
- **[illegible]:** [illegible]

nearest Naloxone?" ([illegible]?)	[illegible]	**- **[illegible]:** [illegible]**
[illegible] - **[illegible] (Support Groups with Peer Mentoring):** [illegible] (mentor) [illegible] - **[illegible]	[illegible] "Recovery Kernel" [illegible] - **[illegible]**: [illegible] "[illegible]?" [illegible] "[illegible]?" - **[illegible]**: [illegible]/[illegible] - **[illegible]**: [illegible]	[illegible] AA [illegible]'
# [illegible] [illegible] (Harm reduction) [illegible]	Partner with local needle exchanges, naloxone distributors, outreach workers	[illegible]

## [illegible] (Substance use) - **[illegible]:** [illegible]		
# [illegible] (Reddit, Facebook, Discord) - **[illegible]:** [illegible] Reddit, Facebook [illegible] Discord [illegible]. - **[illegible]:** [illegible] Reddit [illegible]	# [illegible] (Recovery Kernel) [illegible] *Recovery Kernel* [illegible] **[illegible] Recovery Kernel?** *Recovery Kernel* [illegible] 6 [illegible]: 1. **[illegible] (Understanding):** [illegible] 2. **[illegible] (Planning):** [illegible] 3. **[illegible]	[illegible] [illegible]
[illegible] - **[illegible]:** [illegible]	[illegible] "[illegible]" [illegible] "[illegible]" [illegible]: - **[illegible]	[illegible]

[illegible] - **[illegible]:** [illegible]	[illegible]:** [illegible] - **[illegible]:** [illegible]	
[illegible] (Facilitating Recovery through Prison Libraries and Institutions) **[illegible]:** [illegible] **[illegible]:** - [illegible]: [illegible] - [illegible]	[illegible] - [illegible] (CC0)	[illegible] (Translation: This compendium has been specifically designed for this context.)
[illegible] LGBTQ+ [illegible]	[illegible] Kernel [illegible]	[illegible] βιο [illegible]

[illegible]: 1. **[illegible]:** [illegible] LGBTQ+ [illegible] LGBTQ+ [illegible] 2. **[illegible]:** [illegible] LGBTQ+ [illegible] LGBTQ+ [illegible] 3. **[illegible]:** [illegible] LGBTQ+ [illegible]	(Krongsriang [illegible] Kernel [illegible].)	
# [illegible] (Healthcare Providers) [illegible] [illegible], [illegible]. [illegible]. [illegible], [illegible]. ## [illegible] (Preparation for Healthcare)	# [illegible]: [illegible] [illegible] *Recovery Kernel* [illegible]. **[illegible]:** 1. **[illegible]:** [illegible]. [illegible] *Recovery Kernel* [illegible]. 2. **[illegible]:** - [illegible] *Recovery Kernel* [illegible]. - [illegible], [illegible]	[illegible]

1. **□□□□□□□□□□□□□□□□:** □□□□□□□□□□□□□□□□□

□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□

		[illegible]
[illegible]	[illegible]; [illegible]	[illegible]
[illegible]	[illegible] (3-10 [illegible]) [illegible]	[illegible]
[illegible] (Sathanan ki brikar khon chao khon cheuak hrua chum chon Thai) **Explanation:** * **[illegible] (sathanan):** means "place" or "location" * **[illegible] (ki brikar):** means "worship" or "service" * **[illegible] (khon):** means "of" * **[illegible] (chao khon cheuak):** means "believers" * **[illegible] (hruea):** means "or" * **[illegible] (chum chon):** means "community" * **[illegible] (Thai):** means "Thai" (referring to the Thai people)	[illegible]: [illegible]	[illegible] — [illegible]
[illegible] (LGBTQ+)	# [illegible] (LGBTQ+) ## [illegible] LGBTQ+ [illegible] ([illegible] "minority stress") [illegible] LGBTQ+ [illegible]	[illegible] [illegible]

	[illegible]	
[illegible]	[illegible]	[illegible]
[illegible] Zoom [illegible] Google Meet [illegible]: - **[illegible]**: [illegible] eo [illegible] - **[illegible]**: [illegible] - **[illegible]**: [illegible] - **[illegible]**: [illegible]	[illegible]: [illegible]	[illegible] (psychodrama) [illegible] 1. **[illegible]** - [illegible] Zoom [illegible] Google Meet 2. **[illegible]** - [illegible] 3. **[illegible]** - [illegible], [illegible], [illegible]
# [illegible] ## [illegible] [illegible]	[illegible] (Phaothai: Khá wán môr aakap sǎm hǎp vìan trong khon mái yù sǒng súd sùnt.)	[illegible]; [illegible]

□□□

[illegible]

[illegible]
1. [illegible]
2. [illegible]
3. [illegible], [illegible], [illegible], [illegible]

[illegible]
1. [illegible], [illegible]
2. [illegible], [illegible]

[illegible]
"[illegible]" [illegible]

(Translation: You are a part of the recovery process, a framework that will help you return to your normal and vibrant self. "The container" is the most important thing. The container is what makes everything else possible.)

[illegible] (Recovery Kernel - Group Charter)

1. [illegible]
- [illegible] ([illegible], [illegible], [illegible])
- [illegible]

2. [illegible]
- [illegible]

 # [illegible]

[illegible]

1. [illegible]:
- [illegible]

2. [illegible]:
- [illegible]

[illegible] Kernel

[illegible] — [illegible], [illegible]

[illegible] 12 [illegible] [illegible] — [illegible]

[illegible]

[illegible], [illegible]

[illegible]

[illegible] [illegible] [illegible]

[illegible]

[illegible]

[illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible]. [illegible]

If you are in a medical emergency: call 911. If you are in a mental health crisis: call or text 988. The facilitator is trained to connect you to those resources. They are not a substitute for them.

[illegible]

[illegible] **6** [illegible]

****1. [illegible]****
- [illegible]
- [illegible]

```
#     [illegible]     # [illegible]     # [illegible]
[illegible]  [illegible]     [illegible]     [illegible]
[illegible]  [illegible]
[illegible]  Recovery     ## 1. [illegible]     [illegible]
[illegible]  Kernel [illegible]     [illegible]     [illegible]
[illegible]  [illegible]     [illegible]
[illegible]  [illegible]     [illegible]     [illegible]
```

□ □□□ (Recovery Kernel)

□□□

□□□
□
□□□
□
□□□
□□□
□□
□□□
□
□□□
□□□
□□□
□
□□□
□□□
□□□
□□
□□□
□□□
□
□□□
□□□
□□□
□□□
□□□
□□□
□□□
□□□
□
□□□
□□□
□□□
□□□
□
□□□
□
□□□
□□
□□
□□□
□□□
□□□
□□□
□
□□□
□
□□□
□□□
□□□

##
□□□
□
□□□

1.
**□
□□
□□□

□□□
□□□
□□□
□□□
□□
□□□
□
□□□
□□□
□□□
:**
-
□□□
□□
□□□
□□□
□
□□□
□□□
□□
□□□
□□□
□□□
□□□
□□□
□
□□□
□□□
□
□□□
□□□
□□□
□
□□□
□□□
□□□
□
□□□
□□
□□□
□
□□□
□
□□□
□□□
-
□□□
□□□
□
□□□

[illegible]			
1. [illegible]	# [illegible] [illegible] ## [illegible] [illegible] - [illegible]! [illegible] - [illegible] - [illegible]	## [illegible] (Meeting Format Script) **[illegible]:** [illegible] **[illegible]:** 1. **[illegible] (Greeting and Introduction):** - [illegible] 2. **[illegible] (Building Connection):** - [illegible]	[illegible] [illegible] "[illegible]" - [illegible] **[illegible]:** 1. **[illegible] [illegible]:** [illegible] "Recovery Kernel" [illegible] 2. **[illegible]:** [illegible] "Jumping Jacks Countdown" [illegible] 3. **[illegible]:** [illegible] (Intake Forms) [illegible]

□ □□□ □□□ □□□ □ □□□ □□□ □ □□□ □□□ □□ □□□ □□□ □□□ □ □□□ □□□ □□□ □ □□□ □□□ □□□ □ □□□ □□□ □□□ □ □□□ □□□ □□□ □ □□□ □□□ □□□ □ □□□ □□□ □□□ □ □□□ □□□ □□□ □ □□□ □□□ □□□ □ □□□ □□□ □□□ □ □□□ □□□ □□□ □ □□ □□ □□□ □□□ □□□ □□	## □□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□ - □□□□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□ □□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□ □□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□ - □□□□□□□□		
□□□□ □ □□□□ 2: □□□□	# □□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□? □□□□□□□□□□□□□□□	□□□□□□□ 06 (□□□□□□□□□□□□□ COMT □□□ MTHFR) 1. **□□□□□□□□□□□□** □ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□	# □□□□□□□/□□□□□□□□□ (Warrior/Worrier) □□□□□□□! □□□□□□□□□□□□□□□□□□□□

[illegible]

1. **[illegible]**: [illegible] ([illegible]) [illegible], [illegible]

[illegible] COMT [illegible] MTHFR [illegible]

[illegible]

1. **[illegible]:** [illegible]
2. **[illegible]:** [illegible]

[illegible] COMT [illegible] MTHFR [illegible]
   - [illegible] COMT [illegible] MTHFR [illegible]

2. **[illegible]**
   - [illegible] COMT [illegible] MTHFR [illegible] ([illegible])
   - [illegible]: [illegible], [illegible], [illegible], [illegible]

3. **[illegible]**
   - [illegible] ([illegible]) [illegible]

[illegible]/[illegible] (Warrior/Worrier) [illegible]

[illegible] COMT (Cognitive Behavioral Therapy)

COMT [illegible] 5 [illegible] COMT [illegible]

□□□

□
□□□
□
□□□
□
□□□
□□□
□□□
,
□□□
□□□
□□□
□□
□□□
□□
□□□
□□□
□□□
□□□
□
□□□
□
□□□
□□
□□
□□□
□
□□□
□□□
□.
3.
**□
□□□
□□
□□□
□□□
□□*
*:
□□□
□□
□□□
□
□□□
□□□
□□□
□□
□□
□□□
□□□
□
□□□
□□□
□□
□□□
□□□
□□□
□□□
□□
□□
□□□

[illegible]			
# [illegible] (Recovery Kernel) ## [illegible] 1. **[illegible]:** - [illegible]	[illegible] **[illegible]:** 1. **[illegible] (Naloxone):** [illegible] ([illegible]) 2. **[illegible]:** [illegible] 3. **[illegible]:** [illegible] **[illegible]:** 1. **[illegible]:** [illegible] 2. **[illegible]	# [illegible] (Pathway Formation) ## [illegible] 1. **[illegible]:** - [illegible]/[illegible] - [illegible] 2. **[illegible]:** - [illegible] - [illegible] - [illegible] 3. **[illegible]:** - [illegible]	# [illegible] MTHFR [illegible] (Methylation) MTHFR ([illegible]) [illegible] - [illegible] - [illegible]. **[illegible] (Methylation):** [illegible] DNA ([illegible]

□□□

□□□
□□□
□□□
□□□
□□□
□□□
:**
- □□□□ □□□□ □□□□

□□□ □□□ □□□ . 3. **□ □□ □□□ □□□ □□ □□□ □□□ □□□ □ □□□ □□:* * - □□□ □□□ □ □□□ □□□ □ □□□ □□□ □□ □□ □□□ □			
# □□□ □□□ □□□ □□□ □□□ □ □□□ (Re cov ery Ker nel) ## □□□ □ □□□ 1. **□ □□□ □□ □□□ □□□ □□□ □□	□□□□□□□□□□□□□ □□□□□□□□□ (□□□ □□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□ □□□)	# □□□□□□□□□□□□□□□□□□□ Recovery Kernel: □□□□□□□□ 10 ## □□□□□□□□□□□□□□□□□□□□□□□ GABRA2 □□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□, □□□□□□□□□□□□□□□□□□ □□□ GABRA2 (□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□) □□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□. □□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□. - **□□□□□□□□□□□□□□□□:** □□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□. □□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□, □□□□ □□□□□□□□, □□□□□□□□□□□□□□□□□□□ □□□□□□□□□□. - **□□□□□□	Run GABRA2 self-assessment ONLY after trust is established. Have crisis numbers visible and stated. This session may trigger strong responses.

[illegible] :** - [illegible] - [illegible]	reduction setting where understanding "braking systems" might be important for managing risks or triggers.		

□□□
□□□
□□□
□□□
□□□
□□
□□□
□
□□□
□□□
□□□
□□
□□□
□□□
□
□□□

2.
**□
□□
□□□
□□□
□□□
□□□
□□□
□□□
□□□
:**
-
□□□
□
□□□
□
□□□
□□
□□□
□□□
□
□□□
□□
□□□
□□□
□
□□□
□□□
□□□
□
-
□□□
□□□
□□□
□□□
□□□
□□□
□□□
□□□
□

□□□
□□□
□□□
□□
□□
□□□
□□□
□□□
□
□□□
□
□□□
□□□
□
□□□

3.
**□
□□
□□□
□□
□□□
□□□
□□
□□:*
*
-
□□□
□□□
□□□
□
□□□
□□□
□□□
□□□
□□□
□□□
□□
□□□
□□□
□□
□□
□□□
□
[Nal
oxo
ne]
□□□
□□□
□□□
□□
□□□
□

#
□□□
□□□
□□□
□□□ | # □□□□□□□□□
□□□□□□□□□□
□□□□□□□□
(Recovery
Kernel) | # □□□□□□□□□□□□□□□□□□□□□□□□□□□□
□□□□□□□□□ (Creative Session
Guide)

□□□□□ | □□□□□□□□□□□□□□□□□□□□□□□□□□□ - □□□□□□□□□□□
120 □□□□□□□□□□□□□. □□□□□□□□□□□□□□□□□□□
□□□□□□□□□□□□□□□□□□□□□□□□□□□□. □□□□□□
□□□□□□□□□□□□□□□□□□. |

□□□
□□□□
□
□□□
(Re
cov
ery
Ker
nel)

##
□□□
□
□□□

1.
**□
□□□
□□
□□□
□□□
□□□
□□
□□□
□
□□□
□□□
□□□
:**
-
□□□
□□
□□□
□□□
□
□□□
□□□
□□
□□□
□
□□□
□□□
□□□
□□
□□□
□
□□□
□□□
□□□
□□□
□□□
□□□

□□□□□
□□□□□□□□□□□□□□□

- **□□□□□□□
□□□□:** □□□□
□□□□□□□□□
□□□□□□□□□□□□□
□□□□□□□ □□□
□□□□□□□□□□□□□
□□□□□□□□□
□□□□□□□□□□□
□□□□□□□□□□□□
□□□□□□□□□□□□
□□□□□□□□□□□□
□□□□□□□□□□□□
□□□□□□□
- **□□□□□□□□□□
□□□□:** □□□
□□□□□□□□□□□□
□□□□□□□□□□□□
□□□□□□□□□□□□
□□□□□ □□□□□□□
□□□□□□□□□□
□□□□□□□□□□□
□□□□□□□□□□□□
□□□□□□□□□□□□□
□□□□□□□□□□□□
□□□□□□□□□□□□
□□□□□□□□
- **□□□□□□□
□□□□□□□□□:**
□□□□□□□□□□□□
□□□□□□□□□□
□□□□□□□□□□□□
□□□□□□□ □□□
□□□□□□□□□□□□□
□□□□□□□□□□□
□□□□□□□□□□□
- **□□□□□□
□□□□□□□□□:**
□□□□□□□□□□□□
□□□□□□□□□
□□□□□□□□□□
□□□□□□□□□□□
□□□□□□□□□□□
□□□□□□□□□□□□
□□□□□□□□□□□
□□□□□□□
- **□□□□□□□□
□□□:** □□□
□□□□□□□□

□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□
□□□□□□□□□□□□□□□□□□□□□□□□□□□□□
□□□□□□□□ □□□□□□□□□□□□□□□□□□□□
□□□□□□□□□□□□□□□□□□□□□□□□□□□□□
□□□□□□□□□□□□□□□□□□□□□□□□□□□□□
□□□

□□□
□□□
□
□□□
-
□□□
□
□□□
□□□
□
□□□
□□□
□□□
□
□□□
□□□
□□
□□□
□□□
□□□
□
□□□
□
□□□
□□□
□□□
□□□
□□□
□□□
□□□
□□□
□□□

2.
**□
□□
□□□
□□□
□□□
□□□
□□□
□□□
□□□
□□□
:**
-
□□□
□□□
□□□
□□□
□□□
□□□
□□□
□□□
□□□
□□□
□□
□□□
□□□
□□□
□

□□□
□□□
□
□□□
□□□
□□□
□
□□□
□□□
,
□□□
□□□
□□
□□□
□,
□□□
□□□
□
□□□
-
□□□
□□□
□□□
□
□□□
□□□
□□□
□□□
□□□
□□
□□□
□□□
□□□
□
□□□
□□□
□□□
□□□
□
□□□
□□□
□□□
□□□
□□□
□□
□□□
□□□
□□□
□
□□□
□□□
□□
3.
**□
□□
□□□
□□

□□□ □□□ □□□ □□□ □□□ :** - □□□ □□ □□□ □□□ □□□ □□□			
# □□□ □□□ □□□ □□□ □□□ □□□ □ □□□ (Recovery Kernel) ## □□□ □ □□□ 1. **□ □□□ □□□ □□□ :** □□□ □□□ □□□ □ □□□ □□ □□□ □□□ □□□ □ □□□ □□□ □□□ □ □□□	# □□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□ ## 1. □□□ □□□□□□□□□□□□□ - **□□□□□□□□ □□□□□□ □□□□□□□□□□□:** □□□□□□□□□□ □□□□□□□□□ □□□□□□□, □□□ □□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□. - **□□□□□□□□□ □□□□□□□□□□□:** □□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□. - **□□□□□□□ □□□□□□□□□□ □□:** □□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□, □□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□ □□□□□. - **□□□□□□□□□□ □□□□□:** □□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□ □□□□□□□.	□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□ □□□□ 06: □□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□ (Peer Support Structure) 1. **□□□□□□□□□□□□□□□□□□□□□**: □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ 2. **□□□□□□□□□□□□□□□□□□□□□□□□□**: - □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ - □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□ □□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□	□□□□□□□□□□□□□□□□□□□□

□□□
□□□
□□□
□□□
□□□
□

□□□
□□□
□□□
□□□
□□□
□

□□□
□□□
□□
□□□
□□□
□□□
□□□

2.
**□
□□□
□□
□□
□□□
□□
□□□
□□□
□:**
□□□
□□□
□□□
□□□
□□□
□□□
□

□□□
□□□
□□□
□□
□□□
□

□□□
□□□
□

□□□
□□□
□□□
□□□
□□
□□□
□□□
□□
□□□

2. □□□
□□□□□□□□□□□□
□□□□□□□□□□□□□□
□□□□□□□□□
□□□□□□□ (Peer
Pairing)

- **□□□□□□□□□
□□□□□□□:**
□□□□□□□□□□□□
□□□□□□□□

□□□

3. **□□□□□:** □□□□□□

□□□□

	[illegible] 1. **[illegible]:** [illegible] 2. **[illegible]:** [illegible]	[illegible] - **[illegible]:** [illegible] - **[illegible]:** [illegible]
[illegible] "[illegible]"	[illegible]	[illegible] (Kun tai hai sêen kaar raksaa) [illegible] "streak" [illegible] "[illegible]" [illegible]
Someone is clearly in acute crisis	Slow the meeting down. Address directly: 'Are you safe right now?' Connect to 988 or 911 if needed. Let the rest of the group hold space.	[illegible] [illegible]
[illegible]	"[illegible]. [illegible]."	[illegible]
[illegible]: 1. **[illegible]:** [illegible]	[illegible] Grounding Guide [illegible]	[illegible]: 1. **[illegible]**: [illegible] 2. **[illegible]**: [illegible]

[illegible]/[illegible] 2. **[illegible]:** [illegible]/[illegible] [illegible]/[illegible] 3. **[illegible]:** [illegible]/[illegible]		[illegible] 3. **[illegible]**: [illegible] 4. **[illegible]**: [illegible]
[illegible] (Phu suen graankarn kam mae kar tontam ruupabap thaan yaak) **[illegible]:** - [illegible]: [illegible] - [illegible]: [illegible] - [illegible]: [illegible] - [illegible]: [illegible] [[illegible]] [illegible]	"[illegible]" (Transliteration: "Chánan rūk sōk thī chang khwae khwām rūkkhak nāe bæb nī chē yāk khaen khun in khân ni. Táv ara jah cāi dâw yáid gān nāi dai māi?")	[illegible]
[illegible]	[illegible]	[illegible]

(□□□

[illegible]

[illegible] [illegible]
[illegible]

1. **[illegible]: [illegible]
[illegible] [illegible]
[illegible]

2. **[illegible]: [illegible]
[illegible] [illegible]
[illegible]

> [illegible] Kernel [illegible] 12 [illegible] [illegible] [illegible] 12
> [illegible] [illegible] [illegible] [illegible]
> [illegible]
> [illegible]
>
> [illegible]:
>
> - [illegible]
> [illegible] (Volume VII [illegible] Compendium)
> - [illegible]
> [illegible]
> - [illegible]
>
> [illegible]
> [illegible]
>
> [illegible]: [illegible]. [illegible]
> [illegible] '[illegible]' [illegible] - [illegible]
> [illegible]. [illegible]
> [illegible]
> [illegible]
>
> *[illegible] 12 [illegible]
> [illegible] “[illegible]. [illegible]
> [illegible]” [illegible] -
> [illegible]*

[illegible]

[illegible]
- **[illegible], [illegible]
[illegible].**
- [illegible]
[illegible].
- [illegible], [illegible], [illegible]
[illegible].

[illegible]
- **[illegible]:** [illegible]
[illegible].
- **[illegible]:** [illegible]

> [illegible] [illegible]
> [illegible] (Kernel) [illegible]: [illegible]
> [illegible] [illegible]
> [illegible] - [illegible]
> [illegible].
> • [illegible] [illegible]
> • [illegible] [illegible] [illegible]
> [illegible] [illegible]
> [illegible]
> · Use the crisis resources yourself if you need them. 988. 911. Your prescriber. This work is demanding.

[illegible] [illegible] "[illegible]" (Recovery Kernel) [illegible] [illegible] [illegible] [illegible]

[illegible]:

*1. **[illegible]:** [illegible] [illegible]*
*2. **[illegible]:** [illegible] [illegible]*
*3. **[illegible]:** [illegible] [illegible]*

github.com/JRToken-NGI/recovery-kernel · archive.org/details/the-recovery-kernel · Crisis: 988